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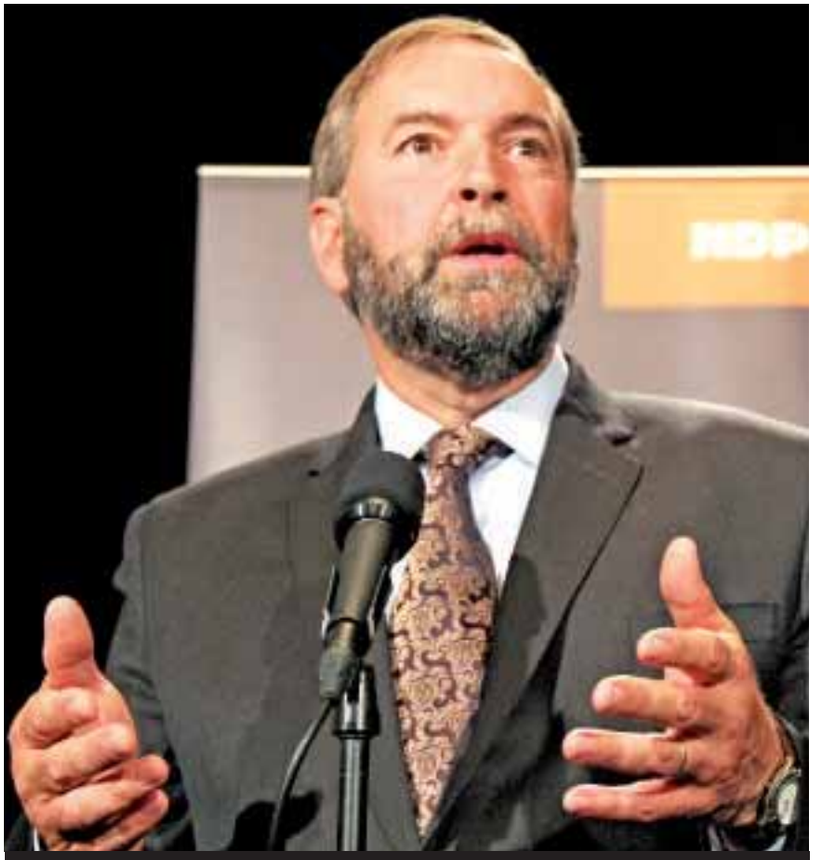

Federal NDP Leader Tom Mulcair speaks with reporters during a press conference at the party's caucus meeting in Saskatoon on Wednesday afternoon. The two-day meeting wrapped up Wednesday.
MORGAN MODJESKI/METRO IN SASKATOON

Will Sask. voters be wooed toward an orange crush?

Caucus meeting wraps up. Federal Opposition leader Mulcair confident NDP will gain ground in the province, with help of redrawn ridings

MORGAN MODJESKI
Metro in Saskatoon

The New Democratic Party's federal leadership says the party is ready to start taking back Saskatchewan.

With the NDP caucus meeting wrapping up on Wednesday in Saskatoon, Opposition leader Tom Mulcair said after two days in the province, he's confident his party — which currently has no parliamentary seats in Saskatchewan — can gain some ground in the 2015 election.

"We held a meeting (Tuesday) night that was a small fundraiser and I walked into Amigos (restaurant) — and we had 350 NDP amigos showing up on a weeknight," he said. "That shows that our brand is still strong here in our home province."

Mulcair touched on the NDP's strong showing in the 2011 election, adding the recent realignment of federal ridings in Saskatchewan, which created five purely urban ridings, will help the party gain more seats in 2015.

"As a result of the map that had been drawn here, we had a great deal of difficulty getting seats, even though we had more than 32 per cent of the vote in the last election," Mulcair told reporters.

"We're going to work very hard under the new map to make sure we get back to having seats here because it's an important place, but it's also an important region," he said.

'A very clear message'

Always on their minds

David McGrane, a political scientist from the University of Saskatchewan, said holding the caucus meeting in Saskatoon was a good move, but noted a lot could change between now and when Canadians go to the polls.

"I think what it does really is it's now completely impossible to say the NDP doesn't care about Saskatchewan or ignores Saskatchewan," he said.

"It sends a very clear message to people in Saskatchewan and Saskatoon that indeed the NDP thinks the province and the city are important." MORGAN MODJESKI/METRO IN SASKATOON

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National boxing championships coming to province in October

Regina Boxing Club president George Goff, seen here coaching a boxer, says the organization will host the 2014 Elite Men's and Women's Canadian Boxing Championships in October. COURTESY RAQUEL RUIZ

'A lot of exposure'. Tourney will debut International Boxing Association rules, including removal of headgear for the men

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

More than 200 boxers will travel to Saskatchewan this October to fight for a spot on Canada's national team — which organizers say is the start of the Olympic cycle.

The Regina Boxing Club will play host to the 2014 Elite Men's and Women's Canadian Boxing Championships — giving the province a chance to witness premier amateur boxing.

"It gives a lot of exposure to not only the club but to boxing in general," said George Goff, president and coach, of the Regina Boxing Club as well as Boxing Saskatchewan.

Goff says at least six or seven Saskatchewan athletes will take part in the games, which Boxing Canada president Pat Fiacco says is good for the young boxers in the province, as well as fans.

"It's going to give a lot of our local boxers in Saskatchewan a chance to attend as a fan, witness some good boxing and learn a lot from the competition by observing," Fiacco said on Wednesday in a phone call from Kiev, Ukraine.

The tournament in the Queen City will also be the debut of new International Boxing Association rules, including a new 10-point scoring system and the removal of protective headgear for the men's tournament.

"(The boxers) won't have that protection of the headgear so they will have to be smarter in the ring and (are) going to have to box better," said Fiacco, adding that this is the first time since 1984 that the men will go without it.

This event will help determine which boxers will be on the national team and move on with the chance to showcase their skills for Canada at the upcoming Commonwealth Games, the Pan Am Games and eventually the 2016 Olympics in Rio de Janeiro, Brazil.

The event will take place from Oct. 22 to Oct. 26 at the Orr Centre in Regina.

Despite criticism

SGI won't change how it collects injury info: Minister

The minister responsible for Saskatchewan Government Insurance says the corporation will not change how it collects information on an injury claim, despite criticism from the province's privacy commissioner.

Donna Harpauer says SGI gets any medical information that a doctor's office provides when an injury claim is made. She says doctors' offices are too busy to vet information out of a medical file but SGI will keep it confidential. THE CANADIAN PRESS

Local charities win

Transgender bride settles human rights complaint

A transgender person has settled a human rights complaint against a Saskatoon bridal shop.

Rohit Singh says she asked to try on a dress at Jenny's Bridal Boutique in April, but the store owner refused, saying men weren't allowed to try on dresses. Singh then filed a complaint with the Saskatchewan Human Rights Commission alleging the store discriminated against her based on sex and gender.

Shortly after Singh's story came out, dozens of people protested in front of the store to show their support for Singh and to raise awareness of transgender rights.

The commission said Wednesday that the two sides reached a mediated settlement. The deal includes an unknown amount of money to be donated by the bridal shop to two local charities. THE CANADIAN PRESS/GLOBAL SASKATOON

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Arab-Americans divided over Syria

'An elephant in the room'. Opposing viewpoints over U.S. intervention exposing tension in Middle Eastern communities

Sawsan Jabri and Osama Siblani share Middle Eastern roots and the American dream. They also represent dissension among Arab-Americans over Syria's civil war and ideological, political and regional differences.

Jabri, a doctor from Syria, teaches microbiology. Siblani came from Lebanon to be an engineer and publishes the influential Arab-American News.

Each speaks for opposing camps. Jabri is a spokeswoman for the Syrian Expatriates Organization, a lobbying and fundraising group that staged rallies in support of the U.S. backing rebels in Syria's civil war. Siblani has opposed U.S. intervention through counter-demonstrations and the opinion pages of his newspaper.

When it comes to Syria, Siblani says, there's little room for agreement.

"I have been in this business for 29 years," he said. "I have never seen the community divided as much as we are divided today.... It is an elephant in the room all the time."

Siblani and Jabri agree that Syria has divided the U.S. Arab community despite a history of coexistence among religions, Islamic sects or countries.

"I don't know what's happened — people became more into everyone's identity," said Jabri, who contends that Assad's regime has used chemical weapons numerous times and he should be toppled and prosecuted. "The separation is not working in our direction."

Some of the rising tension reflects what's happening in community members' homelands. Lebanon and Syria share a complicated history and a web of political and sectarian ties and rivalries, and Syria's civil war next door has intensified divisions. "The situation gets very tense when you try to say who is responsible for what," Siblani said.

THE ASSOCIATED PRESS

A long history

Positions on Syria have highlighted Arab ties to the U.S. that date back more than a century, when immigrants from the Arab world started arriving en masse.

- The Syrian community in the U.S. is estimated to be about 150,000 people, but the number could be much higher if it reflected all those who trace their roots to early 20th-century Greater Syria.

12 years later, pain still strong for many

Carrie Bergonia of Pennsylvania looks over the name of her fiancé, firefighter Joseph Ogren, at the 9/11 Memorial in New York Wednesday during ceremonies marking the 12th anniversary of the attacks on the World Trade Center.

CHRIS PEDOTA/THE ASSOCIATED PRESS

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Benghazi. Bombing marks first anniversary of attack

A powerful car bomb exploded Wednesday near Libya's Foreign Ministry building in the heart of Benghazi, exactly one year after the attack there that killed the U.S. ambassador and three other Americans.

The early morning blast on the 12th anniversary of the Sept. 11, 2001, terror attacks in the U.S. caused no serious casualties, though several passers-by were slightly wounded, authorities said.

No group immediately claimed responsibility for the assault. However, the bombing targeted a building that once housed the U.S. Consulate during the rule of King Idris, who former Libyan dictator Moammar Gadhafi overthrew in a bloodless coup in 1969.

The bomb blew out a side wall of the building, leaving desks, filing cabinets and computers strewn among the concrete rubble. It also damaged the Benghazi branch of the Libyan Central Bank along a major thoroughfare in the city.

THE ASSOCIATED PRESS

Boston. 'Clueless' airport fire drill condemned

Officials at Boston's Logan International Airport are apologizing for holding a fire drill, complete with smoke and flames, on the 12th anniversary of the Sept. 11, 2001, terrorist attacks.

The two hijacked jets that were flown into the World Trade Center towers in New York flew out of Logan. The runway fire drill, announced on the airport's Facebook page, drew harsh condemnation.

The Massachusetts Port Authority, the agency that runs the airport, said in a statement that it "apologizes for conducting the fire training exercise and understands that it may have offended many of those touched by the events of Sept. 11."

Several events were held at the airport to mark the anniversary.

"How clueless and insensitive can you be," one woman wrote on the airport's Facebook page. THE ASSOCIATED PRESS

Honorary title

German town to revoke Hitler's citizenship

A town in Germany plans to strip Adolf Hitler of his honorary citizenship, 68 years after his death. The town assembly of Goslar has set in motion a procedure that would formally remove the title next month.

According to the dpa news agency, Hitler had some 4,000 honorary citizenships during his lifetime.

THE ASSOCIATED PRESS

Bosnia

Huge mass grave discovered

Authorities say they have discovered a mass grave that may contain dozens of remains of Bosniaks and Croats killed by Serb forces during their campaign to eliminate all non-Serbs from parts of the country they controlled during the 1992-95 Bosnian war.

Bosnia's prosecution office said they expect this to be one of the largest mass graves ever found in this part of the country.

THE ASSOCIATED PRESS

How much money are Canadians making?

Statistics Canada's third and final release of the 2011 National Household Survey data illustrates, among other things, how much Canadians earn and where they live. Some highlights:

THE CANADIAN PRESS

The richest of the rich

For all the growing diversity the 2011 census and related surveys have portrayed in Canada, Wednesday's final release reveals a contrasting constant: the richest of the rich in Canada are married, middle-aged white men. The richest 10 per cent of individuals are making more than $80,400. And the very rich — the 272,600 individuals that make up the top one per cent — are all making more than $191,100. Those people are making an average of $381,300 each, 10 times the average Canadian income of $38,700.

House-poor Canadians

One-quarter of Canadian households, about 3.3 million, spent 30 per cent or more of their total income on shelter, exceeding the Canada Mortgage and Housing Corporation's "affordability threshold." They paid an average of $1,259 a month, surpassing the 30 per cent mark by an average of $510. Sixty-nine per cent of households in Canada — 9.2 million out of 13.3 million — owned their dwelling in 2011, a marginal increase from 2006 compared with the more dramatic spikes in ownership of the previous 15 years. Four out of five households that purchased a home between 2006 and 2011 had a mortgage; one in five bought a condominium.

Diversity in the workplace

As immigrant populations become more established and as women gain ground in the workplace, the income data will slowly start to reflect the broader diversity of the population, said Doug Norris, chief demographer at Environics Analytics. "Over time, I think you'll see that diversity creeping in." Already, the NHS shows second-generation immigrants are making far more money than the national median. And ethnic groups that are well-established in Canada, such as Japanese immigrants, are also well above the median.

Student debt

Tuition fees to keep on rising, think-tank says

Canadian students hoping for some financial relief on the cost of their post-secondary education are in for a disappointment over the next few years, a prominent think-tank suggests.

A report from the Canadian Centre for Policy Alternatives forecasts the inflation-adjusted cost of an undergraduate university degree is expected to climb an average of 8.6 per cent over the next four years.

The inflation-adjusted cost of tuition and other fees averaged $2,243 across the country in 1990, the report showed. That figure had climbed to $6,254 for the 2012-13 academic year and is projected to keep rising. THE CANADIAN PRESS

Armoured car killings. Shooter won't get out of prison for 40 years

A judge has sentenced an armoured car guard who gunned down four of his crewmates during a robbery to life in prison with no parole for at least 40 years.

Justice John Rooke accepted a joint submission from the Crown and Travis Baumgartner's defence lawyer.

The sentence is based on a federal law passed in 2011 that allows consecutive parole terms in cases involving multiple murders. The Crown has called it a first for Canada and the toughest sentence for a crime since the country's last execution in 1962.

"The deaths were senseless," said Rooke in an Edmonton courtroom Wednesday. "It's difficult to describe the revulsion of society and this court and the public."

Baumgartner, 22, pleaded guilty earlier this week to one count of first-degree murder, two counts of second-degree murder and a charge of attempted murder.

He shot his fellow guards with security company G4S during a routine night shift reloading bank machines at the University of Alberta in June 2012.

Killed were Eddie Rejano, 39, a father of three who had started working for the company six months earlier; newlywed Michelle Shegelski, 26; and Brian Ilesic, 35, the father of a daughter.

Matthew Schuman, who was 25 at the time, survived a bullet to the head.

THE CANADIAN PRESS

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Lac-Mégantic cargo was as flammable as gas: Safety board

Transportation Safety Board lead investigator Don Ross points to a dangerous goods indicator on a rail car during a news conference in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Train disaster. Oil on board should have been designated as more volatile; suitability of cars is also an issue

The crude oil that exploded into flame in the deadly Lac-Mégantic train derailment in July was as volatile as gasoline, but was documented as a less-dangerous product akin to diesel or bunker crude, the Transportation Safety Board says.

Lead investigator Don Ross said tests showed the oil was initially graded properly for road transport but was inexplicably downgraded when it came time to move it by rail.

"When we analyzed the product samples from the nine intact tank cars from the Lac-Mégantic accident we identified the product as having the characteristics of a packing group 2 flammable liquid," he told a news conference Wednesday. "Packing group 2 is the packing group that gasoline is in."

The Lac-Mégantic oil was improperly identified as a less-hazardous packing group 3 product, and investigators want to know why. "Is there any motivation? Why would that be shown the way it was, whether there was any commercial interest, any operating reason? We're asking all those questions," Ross said.

Quoted

"The lower flash point of the crude oil explains in part why the crude oil ignited so quickly once the Class 111 tank cars were breached."

Don Ross, lead investigator, Transportation Safety Board

The July 6 crash killed 47 people and destroyed much of the centre of the picturesque Quebec town after the runaway train derailed and exploded in a fireball.

THE CANADIAN PRESS

Autos. Feds, Ontario sell part of stake in General Motors

The federal and Ontario governments have sold a block of 30 million shares in General Motors valued in the neighbourhood of $1.1 billion, a portion of the equity they received when they bailed out the automaker in 2009.

Finance Minister Jim Flaherty said in an email that the shares were sold at Tuesday's closing price of $37 US on the New York Stock Exchange, minus a small discount.

With completion of the sale, the governments will continue to hold more than 119 million GM common shares and 16.1 million GM series A preferred stock through a federal agency.

Both Ottawa and the Ontario government acquired GM shares in 2009 after having provided the ailing automaker with some $10.6 billion in aid during the Great Recession.

The investment is held on behalf of the two governments by Canada GEN Investment Corp., a subsidiary of the Canada Development Investment Corp. THE CANADIAN PRESS

Careless consumers are a key cause of food waste: UN agency

The UN food agency says one-third of all food produced in the world gets wasted, amounting to a loss of $750 billion US a year. The Rome-based Food and Agricultural Organization said in a report Wednesday that food in developing countries is wasted mostly due to poor harvesting techniques, while in high-income areas the primary cause of waste is careless consumer behaviour. The most serious areas of waste are of cereals in Asia and meat in wealthy regions and Latin America. FAO stressed the importance of raising awareness among consumers. TEXT: THE ASSOCIATED PRESS; PHOTO: GETTY IMAGES FILE

Denver

Police look the other way during pot giveaway

Denver police are defending their decision to stand down while dozens of people lit up marijuana cigarettes at a free pot giveaway in Civic Center park. Deputy Chief David Quinones tells the Denver Post the department didn't want to incite a riot Monday over a petty offence. Hundreds of people lined up to get free pot during an event organized by opponents of a statewide ballot question over taxing retail marijuana sales. THE ASSOCIATED PRESS

Pot retailing

Colorado finalizes rules on marijuana businesses

Colorado has become the first state in the U.S. to adopt final rules for recreational marijuana businesses. The rules cover licensing, tracking, packaging and advertising. According to the Denver Post, the first stores are expected to open around Jan. 1.

THE ASSOCIATED PRESS

Market Minute

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HE SAYS

John Mazerolle
metronews.ca

I was a late convert to smartphones, and like most late converts to anything I quickly became a fundamentalist zealot.

Before, I scoffed at people who wouldn't look away from their screens for anything short of a fresh bullet wound. Now I know you can get valuable information from the tourniquet app, improve the look of that wound using Instagram, or ask, "Siri, what it's all about?" as you die.

Whether I'm texting with people miles away while sitting across a dinner table from friends, or checking the weather while walking outside, my phone does all the things I didn't even know needed doing.

And this week the most iConic of all smartphones released the details of its latest iTerations. (i'M good at this.) The iPhone has not one but two new versions coming out soon, which means there'll be twice as many people standing in lines the morning of their release, just in case Apple only decides to make a few hundred.

To commemorate this once-in-a-while event, here's a brief history of the iPhone to read as you queue:

1993: Apple releases its first personal digital assistant, the Newton, a technology that leads to one good Simpsons joke, and nothing else. However, the device's inability to tell what the user is actually trying to write is later used in the iPhones' autocorrect feature.

1990s: Apple CEO Steve Jobs, thinking about his legacy, works on being an inspiration to the world and an a-- to everyone he knows, leaving no time for the smartphone until 14 years later.

2007: Jobs unveils the very first iPhone. Its two-inch screen sits on a frame roughly the size of a tennis court, and its processor can do an amazing 14 calculations a minute. Its 2,700 vacuum tubes can only be purchased from the Apple Store.

2008: The iPhone 3G includes a phone that runs on a prehistoric bird who chisels the images into a blank slate. The talking technology predates Siri, but doesn't catch on because of its corny one-liners.

2010: The iPhone 4 sends everything you do on it directly to the Oval Office. Apple is totally transparent about it, but nobody notices until three years later because it's written in one of those Terms of Agreement things and everybody skips to the accept button.

2011: Jobs uploads himself to the iCloud.

Sept. 10, 2013: Tech analysts say the new brightly-coloured, but less expensive iPhone 5C is likely meant to appeal to youth in emerging markets like China and India. The built-in cigarette lighter is a dead giveaway.

Sept. 12, 2013: The iPhone 24, speaking with the voice of Steve Jobs, comes from the future with its new time travel app to warn humanity not to allow Mark Zuckerberg's 2023 purchase of Apple. Before it can explain why, a 12-feet-tall robotic Zuckerberg reaches in from their time and pulls the phone back while letting loose a maniacal nerd-snort. Apple stock skyrockets.

ZOOM

Sitting in a tin can far above the world

NASA IMAGES

Stunning shot of a craft above Earth

It looks like a fancy beverage can — and is in fact carrying something worthwhile. This photo shows a Japanese unmanned spacecraft backdropped against a land mass of Earth. The HTV-4 craft was launched by Japan's Aerospace Exploration Agency (JAXA) last month to bring supplies to the International Space Station. METRO

On the HTV-4 was Kirobo, a 34 centimetre-high automaton which became the first robot to speak in space. It said, in Japanese: "On Aug. 21, 2013, a robot took one small step towards a brighter future for all. Good morning to everyone on Earth. This is Kirobo. I am the world's first talking robot astronaut. Nice to meet you."

Fiery plunge back home

After backing away from the ISS following a one-month stay, the HTV-4 craft (nicknamed Kounotori) — loaded with trash from the space station — plunged back to Earth for a de-orbit disposal. The craft burned upon re-entry into Earth's atmosphere, with surviving fragments shattering across a preplanned location in the Pacific Ocean. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you're of the sort who hasn't spent any time with a poem since the last time you were assigned one by a teacher, dip your toe back into the water with these frequently amusing Twitter accounts with a poetic heart.

.REID/FLICKR

@GooglePoetics:
Crowd-sourced from the nonsense we're all guilty of asking Google about, this account finds surprising depth and humanity lurking in search terms suggested by Google's auto fill.

@tricialockwood:
The mighty Patricia Lockwood was a published poet before signing up for Twitter. It just happens to be a lucky stroke for all of us that the format is a perfect fit for her occasional surreal verses and pithy lines.

@Pentametron:
An algorithm that keeps a vigilant eye out for tweets that happen to be written in iambic pentameter, though it may come as little surprise that the authors of its retweets typically don't have poetry in mind.

Worth Mentioning

Men with menopause? Yep, it's a thing

The ads tout testosterone treatments for "low T," but surprising new research shows a different hormone may play a role in less sex drive and more fat as men age. Estrogen — the female hormone — is needed by men, too, and the study gives the first clear evidence that too little of it can cause certain "male menopause" symptoms.

"A lot of things we think are due to testosterone deficiency are actually related to the estrogen deficiency that accompanies it," said Dr. Joel Finkelstein of Massachusetts General Hospital. He led the study.

Testosterone is the main male sex hormone. Men's bodies convert some of it into estrogen, and levels of both decline with age. Until now, there was no way to tell which hormone was responsible for complaints of diminished libido, strength and energy. THE ASSOCIATED PRESS

WE WANT TO HEAR FROM YOU:
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metro

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SCENE 2

Giving meaning to the music

New album. For the husband and wife duo, The Empire Associates have a new outlook on their music following their son's leukemia diagnosis

BACKSTAGE PASS
Alyssa McDonald
alyssa.mcdonald@metronews.ca

The Empire Associates — made up of husband-wife duo Terrance Williamson and Kelsi Kerestesh — will take the stage at The Artesian on Friday night. CONTRIBUTED

The songs written for the Empire Associates' upcoming album found new meaning for singer/songwriter Terrance Williamson last October.

The Regina-based band, made up of Williamson and his wife Kelsi Kerestesh, had been touring frequently and working on their sophomore album — when their young son was diagnosed with cancer.

"We just started to pick up shows and things were going great, but then our son was diagnosed with leukemia," said Williamson.

"We had to pause music for awhile, before life kind of became more stabile and the craziness of dealing with cancer became more of a normal thing."

Although they still regularly deal with the illness, their now 17-month-old son Lucian's leukemia is in remission and the pair went back to performing in March.

"We are able to get back into music, which has actually been a huge thing to help us through this time," said Williamson.

"The (upcoming album's) songs were always important to us but once that happened, these songs just had new meaning afterwards."

Things are a little different for the performers now, who play regularly around the province. The duo — which usually adds two more performers, including a drummer and bass player, to their show — will only play shows located two hours away from Regina. And, instead of recording their new album in a studio, like their debut In Times of Trouble in 2011, they are recoding it in their home — something Williamson says has really let them focus and perfect the sound.

"There was things that I wanted to fix (on the last album) but we just kind of ran out of money and out of time, but with this one we're doing the recording by ourselves in our home," said Williamson.

"We are taking the time to get it exactly how we want it."

Williamson says they are also adding some different sound to their Celtic/fold rhythm — including a cello, piano, banjo and mandolin.

The band is hoping to finish recording their album by the end of October, but has been playing their new music in concerts since they resurfaced in March.

"We haven't really been playing songs from the first album anymore," said Williamson,

"We do lots of covers as well but we stick a lot to the new songs."

Reginans can catch them at The Artesian on 13th Avenue at 8 p.m. on Friday night for an indie-inspired night with Skylight, Vudu Hounds and headliners Ink Road.

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Vampire Weekend has a new album out called Modern Vampires of the City. CONTRIBUTED

Vampire getting longer in the tooth

Modern Vampires of the City. As the band prepares to hit the road, Ezra Koenig and Rostam Batmanglij are right where they belong

PAT HEALY
Metro World News in Boston

Vampire Weekend lyrics have always read a bit like witty TripAdvisor entries. Location is an essential part of the experience, whether it be the Cape Cod Kwassa Kwassa of their self-titled debut or the California English of 2010's Contra.

The band's latest release, Modern Vampires of the City throws in more geographical references than the first two albums combined. Anchorage, Oakland, Dar es Salaam, Providence, Phoenix and Santa Barbara all get lip service. Even though that could give the impression that the album is literally all over the map, the titular "City" they reference most is New York, and the collection of songs is possibly the band's most cohesive effort to date.

"On the first album, all of the places that I name checked in Cape Cod were places that I actually had been, albeit somewhat briefly," says singer Ezra Koenig.

He is sitting in a café down the street from his apartment on the Lower East Side. For a guy who sings with a band whose last two albums went to No. 1, he is comfortably anonymous in his neighbourhood. Only one passerby seems to slip into an "I know that guy from somewhere" expression.

"On the song Step on this album, there is a lot of name checking," Koenig continues, "and I've never been to someplace like Dar es Salaam, but part of that song is about somebody who in the beginning is talking about how they were going all of these different places, but really back at home is where they really have to figure things out."

It seems like Koenig spent a lot of time at home figuring things out. The theme of mortality is persistent throughout Modern Vampires with a lot of breath spent on uncertainty about what may be next, after this album and after this life. He says he feels like reflecting in this manner is almost a rite of passage for a band between albums two and three.

"Whether you're in college or in your early 20s doing whatever, there's a sense that it's an eternal springtime. And that's also true for a band that's making their first album. So we had that threefold: A bunch of young cats, fresh out of college, suddenly people have interest in our band," he says, reminiscing about Vampire Weekend's beginnings at Columbia University.

"Then when you do something a second time it's still exciting, and you're building and you start to get to the third time, and unless you're a total craven careerist, you're going to pause a little bit and be like, 'OK, so we're doing this for a third time. We're now five or six years older than when we started. Is this just a job? Are we just banging out products of varying degrees of quality, based on an initial template? Or are we trying to do something different?'"

He and songwriting cohort Rostam Batmanglij spent the better part of a year — writing songs and recording songs at Batmanglij's apartment under the Manhattan Bridge Overpass — making sure they were trying to do something different, and succeeding.

Immediate goal

Koenig's aim. He says his goal isn't to have the most recent album be everybody's favourite Vampire Weekend album, just somebody's favourite. "That's the hardest thing to pull off: Sometimes everybody likes the first album the best, a handful of people like the second album the best and nobody likes the third album the best," he says. "It's not because I have a chip on my shoulder that's like, 'I want people to like this album more than the first two!' I just want there to exist people in the universe who could feel that way.

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An emotionally charged psychological thriller about a marriage in the throes of dissolution, *The Silent Wife* depicts a couple headed for catastrophe.
Last Week: 19 / Weeks on List: 3

This Week		Last Week	Weeks on List
3.	NEVER GO BACK Lee Child	10	2
4.	HOW THE LIGHT GETS IN Louise Penny	6	3
5.	WINTER OF THE WORLD Ken Follett	2	3
6.	INFERNO Dan Brown	15	17
7.	THE CASUAL VACANCY JK Rowling	14	8
8.	OMENS Kelley Armstrong	3	4
9.	A HOUSE IN THE SKY Amanda Lindhout	5	2
10.	THE INCONVENIENT INDIAN Thomas King	20	5
11.	THE MAYAN SECRETS Clive Cussler	17	2
12.	THE BONE SEASON Samantha Shannon	4	4
13.	WAGING HEAVY PEACE Neil Young	12	7
14.	THE END OF GROWTH Jeff Rubin	9	2
15.	THE RETURNED Jason Mott	8	2
★16.	STEVE JOBS Walter Isaacson	-	1
★17.	THE WITNESS WORE RED Rebecca Musser	-	1
★18.	THE ORENDA Joseph Boyden	-	1
★19.	W IS FOR WASTED Sue Grafton	-	1
★20.	STILL FOOLIN' EM Billy Crystal	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 16th
★New this week

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Target goes out on a Lim with collection

Romancing the masses. Designer says he's as passionate about creating a $29.99 shirt as he is about one for $299

TINA CHADHA
Metro World News in NYC

Phillip Lim believes you're just as busy as he is. It's why the designer — whose hotly anticipated 3.1 Phillip Lim collection for Target hits stores Sunday, just five days after the Spring ready-to-wear line debuts at New York Fashion Week — created an affordable fall line perfect for people on the go. We nailed down Lim to talk about his design process, why menswear is important and how to keep essentials from being boring.

Congratulations on the Target collaboration! What was your main objective for the line?
For me, it was about creating a chic, easy and cool collection for real people. I focused on the idea of a romanced reality and having ideas, products, clothes and accessories on the go for this romance.

Lim's 100-piece offering consists of chic, understated essentials you can rely on for just about any occasion — there's even a grab-and-go pack with underthings for those surprise last-minute trips. GETTY IMAGES

How would you describe the codes of the 3.1 Phillip Lim brand?
Phillip Lim is designed for the global citizen on the move with understated, elegant clothes that imbue a strong sense of discovery with hidden details just for the wearer.

Your Target line has a strong focus on menswear. Why was it important to include the guys?
Men are embracing fashion more and it was important to me that I create a collection for both men and women to easily incorporate into their wardrobes and their everyday lives.

The collection is full of practical-yet-cool essentials. How did you keep these pieces from being boring?
When in doubt, you can never go wrong with solids. It's important to stock up on chic basics as they cannot only be worn at different hours of the day, but also from season to season. Once that foundation was established, I sprinkled in things or ideas from my own collection.

How did you choose to bring back certain pieces from your main line such as the comic book motif and colour block pastels?
I took inspiration from archival pieces that we thought would also be of interest to Target's guests. All in all, designing the collection was a very similar process to that of my main collection, because in the end, I put the same amount of passion, energy, spirit, and time into designing the $29.99 shirt as I would for the $299 shirt.

It's been a busy year for you. After your show wraps, what are your plans?
Hopefully I will be off on the beach somewhere!

Retail reminiscence

Do you still shop at Target?

- Yes, Target has just about everything. As a child, I remember Target as that place to get everything and just thinking, "they have everything here, all the dreams are here!"

Model call

Erin Wasson. GETTY IMAGES

In the moment with Erin Wasson

We caught up with the model at Vevo and Style Network's Styled to Rock party to find out about her runway outing at Alexander Wang and her fall wish list.

What are you looking forward to wearing this fall?
"I love outwear. I love a good jacket. I love a good boot. It's a time where you get to personify fashion because you get to create more layers."

What's on your fall shopping list?
"I just moved into a new house four months ago. So I'm obsessed with interior design right now. I geek out about lighting fixtures."
MWN IN NYC

Trends Report

- The popular shape of eyebrows evolves endlessly, from caterpillar-thick to super skinny arches and everything in between. Go online to see what the latest look is as seen on two current 'it' girls in film and fashion and let me know which eyebrow shape you prefer.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

The Kit

Canadian street style

Spotted in: Toronto

Caitlin

Graphic designer and bartender

What she's wearing
H&M hat, American Apparel crop top, UNIF skirt, vintage belt and Michael Kors heels.

Her inspiration
"Images and videos from Tumblr, YouTube and blogs! My favourite YouTube chanel to watch for fashion ideas is Clothes Encounters."

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One-minute miracle

Skin spritzers

Vaseline Spray & Go, $9, at mass retailers

"Your favourite feel-good Vaseline moisturizers now come in easy-to-use Spray & Go formulas, perfect for those rush-out-the-door mornings. The non-greasy, quick-drying, super-absorbent spritzes come in Cocoa Radiant, Dry Skin and Aloe Fresh." Ashley Kowalewski , TheKit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

When to add an accent

One of these walls is not like the other — and that's a good thing.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Accent walls can define a focal wall where a television sits, highlight a piece of art or simply change the mood of a room by injecting a small amount of colour on one of the walls.

Wondering about which wall in your house might be perfect for a splash of colour? Consider these ones: behind the headboard in the bedroom, where the mirror hangs in the bathroom or the wall the television or fireplace sits on in the living room.

Areas not to paint an accent wall are: a powder room, kitchen or foyer; keep all of those walls the same colour.

For less than $100 and an afternoon you can add a colourful accessory that can be changed as often as the trends change.

This fall, look for either dramatic tones or pretty colours to add an update to your rooms.

A ROOM WITH A VIEW GETS DRAMA ADDED WITH A DEEP PURPLE-GREY ACCENT WALL. BEHR'S MAHARAJA 620F-7, BEHR.COM

Fashion

Para's Meritage PF20: The Merlot and burgundy colours are all over the fall fashion runways, so why not be ahead of the herd and add it to one wall? Looks best with: navy, gold, dark grey, deep green. para.com.

Neutral

Colour Your World's Pasture Green Fresh: This warm green colour will perk up a dark space and bring the colour of nature inside. Looks best with rust, taupe, off white and cream. dulux.ca.

Dark

Farrow & Ball's Stiffkey Blue 281: This is the easiest way to add a sense of importance and tradition to a modern space. This deep teal-grey blue looks great with pale blue or grey, deep brown and brassy gold; farrow-ball.com.

Pastel

Benjamin Moore's Sycamore CC-350: Soft, pastel-like colours are predicted for spring, so get a jump on it. This peachy-taupe looks best with pale grey, pool blue, soft yellow and black. benjamin-moore.ca.

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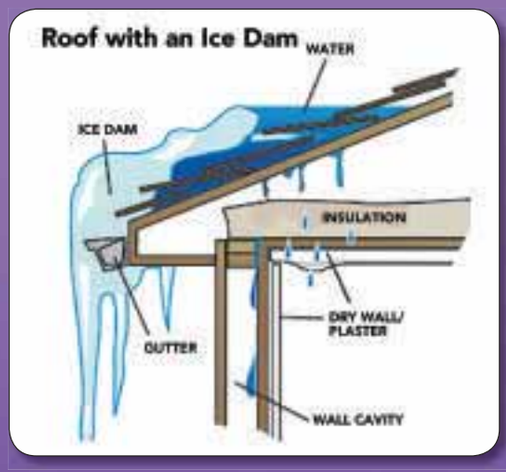

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. Right now the Government is offering grants to homeowners who want to protect their homes by reinforcing their existing attic insulation. There is no better time to protect your home.

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Pass the salt and get out of my office: The art of creating a work space at home

Live-work. Working from the house means needing a place that is practical and functional

The digital age has created various new career opportunities including an increased demand for those who can integrate live-work spaces.

"I think live-work spaces are becoming more common because technology allows for that," said Peter Schinning, architectural designer and owner of SOS Design.

Schinning's design firm specializes in practical spaces that often maximize a small footprint of as little as 186 square metres (2,000 square feet).

Designing live-work spaces like the one he uses in his home or another he created for a Victoria graphic designer means maximizing the efficiency of the space.

"When you have to live and work in the same place it has to be practical; it has to be very functional," he said. "Another thing is if you work from home, for us, for example, it means we have no transportation to go to work. We don't have to worry about that."

Schinning, like many other entrepreneurs who have chosen to combine their living and work spaces, did so because his work schedule didn't fit the traditional 9-to-5 office hours. He often found himself working at odd hours and it was more practical to walk downstairs than commute to an office.

"I often work late into the night and work when I need to work," he said. "Except for brief moments in my life, I've mostly worked from home."

While practicality is an important part of creating live-work spaces, Jason Halter, architect and owner of Toronto's Wonder Inc., said creating distinctions between private and work areas is also necessary.

"You always need to step away from where you are immediately working, but it also doesn't really make sense to put a bed in the middle of your studio, whether you're an artist or a welder," said Halter.

According to Halter an advantage for artists who choose to inhabit live-work spaces is having immediate access to projects being worked on.

Halter designed a live-work space for Winnipeg artist Kent Monkman. In what was a former industrial garage, Halter used his background in sustainable design to create an efficient space that functioned as a home and an artist studio.

In addition to installing a green roof, beautiful concrete floors and a Douglas fir staircase to a loft bedroom and private space, Halter said maximizing the light was essential in Monkman's home.

"Part of the challenge was that (Monkman) at the beginning didn't know if it was going to be part studio or all studio," said Halter. "It quickly became clear that he needed more light and we added more skylights to create lighting in an interesting way.

"Lighting plays a considerable role in a space like this for a visual artist like Kent."

Even though interest in live-work spaces has increased, Halter said he's had a passion for them ever since living in one himself while living and working in Vancouver.

"I think certainly working from home in the Internet age is one of the best outcomes that we could kind of conceive of," he said.

THE CANADIAN PRESS

Interest in live-work spaces has increased. VERONIQUE DA SILV/THE CANADIAN PRESS

Curried Lamb Casserole: Not your mom's can-of-soup creation

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Casseroles are excellent one-dish meals.

You can substitute stewing beef and use any combination of other root vegetables such as potatoes, turnips or parsnips.

Serve this over rice, polenta, mashed potatoes or a grain of your choice.

1. Dust lamb with flour.

2. In large nonstick oven pot, heat oil, sauté lamb for 2 minutes or just until seared all over. Remove lamb and set aside.

3. To pot, add garlic and onion and sauté for 5 minutes until soft. Add carrots and green peppers and mushrooms and sauté for another 5 minutes or until mushrooms are no longer wet.

4. Add sweet potatoes, stock, wine, tomato paste and curry powder. Return lamb to pan; cover and simmer for 1 1/2 hours, stirring occasionally until lamb is tender. **ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN**

Ingredients

- 3/4 lb boneless leg of lamb, cut into 3/4-inch cubes
- All-purpose flour for dusting
- 1 tbsp vegetable oil
- 2 tsp crushed garlic
- 1 cup chopped onion
- 1 cup finely chopped carrots
- 1/2 cup finely chopped sweet green pepper
- 1 cup cubed peeled sweet potatoes
- 1 1/2 cups sliced mushrooms
- 2 1/2 cups beef stock
- 1/3 cup red wine
- 3 tbsp tomato paste
- 2 tsp curry powder

Curried Lamb Casserole with Sweet Potatoes

This recipe serves four and contains 296 calories per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING.

For your phone

Jamie's Recipes: Street Food (iPhone/iPad; $2.99 subscription)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

It's like having a food truck hiding in your kitchen. Jamie Oliver's latest recipe pack offers popcorn chicken, sweet potato wedges, dim sum buns, fish 'n' chips, and dazzling hotdogs.

Bowl of classic French comfort

This Coq au Vin serves eight. CONTRIBUTED

1. Preheat oven (325 F/ 160 C)

2. In shallow a glass baking dish, combine the flour and half each salt and pepper. Open chicken thighs and cut in half. Dredge in flour mix. In nonstick frying pan, heat oil over med-high. In batches, cook chicken 5 mins,, turning halfway. Set aside.

3. Cut bacon strips crosswise into thin strips. In Dutch oven, cook bacon over med heat, 7 mins., stirring occasionally. Using slotted spoon, transfer to bowl, leaving fat behind. Add mushrooms, onions and carrots to Dutch oven; cook 3 mins., stirring occasionally. Stir in garlic, thyme and bay leaves; cook 2 minutes. Add red wine, broth, and remaining salt and pepper. Bring to boil. Add potatoes, browned chicken thighs and bacon. Cover and bake in centre of oven 1 hour.

4. Place colander over large shallow saucepan; strain mix into saucepan. Return chicken and veg to Dutch oven; cover to keep warm. Bring sauce to a boil. Boil for 10 minutes or until reduced by half. Return sauce to Dutch oven. Stir in parsley and serve. **PRESIDENT'S CHOICE**

Ingredients

- 3 tbsp (45 ml) all-purpose flour
- 1-1/2 tsp (7 ml) salt
- 1/2 tsp (2 ml) black pepper
- 2 lb (1 kg) PC Free From Boneless Skinless Chicken Thighs
- 2 tbsp (25 ml) canola oil
- 5 slices PC Free From Naturally Smoked Bacon
- 1 pkg (227 g) white button mushrooms, wiped clean
- 1-1/2 cups (375 ml) peeled pearl onions
- 1-1/2 cups (375 ml) diced carrots
- 2 tbsp (25 ml) minced garlic
- 1 tbsp (15 ml) chopped thyme
- 2 bay leaves
- 2 cups (500 ml) red wine
- 2 cups (500 ml) chicken broth
- 2 cups (500 ml) halved mini-ature new potatoes
- 3 tbsp (45 ml) chopped parsley

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Rates. No need to panic for long term

LESLEY SCORGIE
For Metro

Rising mortgage rates have some Canadians in a panic to lock in for the long term.

But higher rates aren't necessarily bad. They force prospective homebuyers to save more prior to making their purchase, and ensure their personal debt levels are kept in check, ultimately protecting the broader Canadian economy from the perils of lax lending practices as seen in recent global financial crises.

Besides federal Finance Minister Jim Flaherty giving the banking industry a political nudge, fixed mortgage rates are rising due to the fact that they are closely tied to investor demand for government bonds, which has been on the rise.

One of the key implications of rising fixed mortgage rates is that it will be harder to qualify for a mortgage. This is because all mortgage applicants must now qualify under the posted five-year fixed mortgage rate, regardless of whether they select that type of mortgage or not.

Before you hang your head in frustration and give up on your search for a new home, rest assured, fixed mortgage rates are still highly attractive compared to historical standards. But you may need to save more for your down payment or reduce your debt levels in order to qualify. The silver lining in both of these options is that you will be better off financially in the long term.

The second implication is that in an environment where rates are increasing, many new homebuyers or owners on variable rate mortgages rush to lock in their rates, shielding themselves from the inevitability of higher borrowing costs. This strategy often suits risk-averse homebuyers.

But because the Bank of Canada's key lending rate, which is what the prime rate is tied to, has not increased in three years, Canadians with a higher appetite for risk can still take advantage of lower rate variable mortgages, which are derived off of the prime rate.

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One of the first decisions to make when looking for a mortgage is whether you want financing through your financial institution, such as your local bank, or through a mortgage broker. COLOURBOX

Pros and cons of banker vs. broker

Whether you have decided to purchase a new home or renovate the existing one, one of the first decisions you will have to make is whether to seek out financing through your financial institution, such as your local bank, or through a mortgage broker.

The benefits of working directly with your financial institution are that you may receive preferential rates and reduced fees because the bank wants to keep your business. Banks also offer personal loans or lines of credit, which can be used towards home upgrades, providing homeowners with an alternative to refinancing an existing mortgage, paying cash for or charging renovations to a credit card.

The drawbacks are simply that you are limited to the products and rates offered by your institution.

But with hundreds of mortgage products on the market, it's hard to know whether you are selecting the right one. Therefore, many Canadians are turning to mortgage brokers to help wade through the selection and save money.

An independent mortgage broker isn't tied to any financial institution and works on behalf of you, the client, rather than the lender. Because they are not employees of any lending institution, mortgage brokers seek out the best mortgage options to suit your specific situation from a multitude of lenders — banks, trusts, private companies, or insurance firms. Brokers may also have access to mortgage products for purposes of refinancing or financing home improvements.

Mortgage brokers work directly with lenders, thus they can often get instant approvals and negotiate better rates and terms on your behalf.

When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender, not the client. LESLEY SCORGIE

Shop around

- Before you sign up for a mortgage with any financial institution, shop around for the best rates and greatest repayment plan flexibility. Check out ratehub.ca for comparisons of the best mortgage rates in Canada among all financial institutions.

CFL

League fines Riders centre, Ticats DB

The CFL fined Saskatchewan Roughriders centre Dominic Picard and Hamilton Tiger-Cats defensive back Dee Webb on Wednesday for separate on-field incidents.

Dominic Picard
GETTY IMAGES

Picard was fined for throwing a punch in a 25-13 loss to the Winnipeg Blue Bombers on Sunday. Webb was penalized for a dangerous hit to the head of BC Lions receiver Marco Iannuzzi on the opening kickoff of Hamilton's 37-29 victory on Saturday.

As per CFL policy, the fine amounts weren't disclosed. THE CANADIAN PRESS

CFL

Duvernay-Tardif pegged as top 2014 draft prospect

The CFL Scouting Bureau has listed Laurent Duvernay-Tardif of the McGill Redmen as the top prospect for the 2014 Canadian college draft.

The six-foot-five, 305-pound Duvernay-Tardif was one of four offensive linemen named Wednesday in the September rankings list of the top 15 draft prospects.

St. Francis Xavier University receiver Devon Bailey was ranked second and Montreal University offensive lineman David Foucault was third.

The next ranking list will be released after the Canadian Interuniversity Sport football season is complete.

THE CANADIAN PRESS

Pressure's on for Taylor Hall, left, and Regina native Jordan Eberle to start producing wins and playoff berths in Edmonton. FREDERICK BREEDON/GETTY IMAGES FILE

Oilers' Eberle excited to have 'new slate'

NHL. Players appear ready to leave behind excuses with new young coach in tow

Dallas Eakins brings an emphasis on fitness, accountability and frankness to his new job as head coach of the Edmonton Oilers.

His arrival also creates a new beginning for a team that has missed the playoffs seven straight years. Forward Jordan Eberle said it's time the Oilers forgot about their potential and started proving their ability.

"It's a new slate, new coach, new mandate," Regina's Eberle said Wednesday. "There's a point, probably a couple years ago, when you get sick and tired of hearing how good you're going to be and just want to get to that point."

Fellow veteran forward Sam Gagner said the expectation for the team has to be nothing less than the playoffs.

"We've been through a lot of losing," he said after the team's camp opened with medicals and fitness testing. "It helps you grow as a person but it's never fun. Our core is pretty much intact and we have a lot to prove.

"It's important for us to realize that the time is now to turn things around."

To that end Eakins, hired in the off-season to replace the fired Ralph Krueger, made it clear to the players it's time to shed the "young team" label and show they belong in the NHL.

"It's a cop-out to be labelled young," said Gagner, who's heading into his seventh season with the Oilers. "It allows you to go through some growing periods but that's done now. We've been through a lot as a core and it's time for us to move forward.

"We have a mix of veterans, young guys and everything in between and it's important for us to reach that next level."

They'll try to do that without veteran captain Shawn Horcoff (traded to Dallas), minus an established backup to goaltender Devan Dubnyk and with No. 1 centre Ryan Nugent-Hopkins — the first pick in the 2011 draft — on the sidelines. Nugent-Hopkins underwent off-season shoulder surgery and is expected to miss the first few weeks of the regular season.

Eakins, who was hired last June, will experiment with winger Taylor Hall, the team's leading scorer last season, moving into the vacant centre spot.

THE CANADIAN PRESS

No surprises please

"I don't like surprises and I don't think players need surprises either. They'll know exactly where they stand with me."

New Oilers head coach Dallas Eakins, who has assured his players he'll be frank and upfront with them on all issues.

NFL. Detroit tackle Suh appealing $100K fine

Detroit Lions defensive tackle Ndamukong Suh says he isn't going to change what he does on the field.

And he's appealing his latest fine, too.

Suh was fined $100,000 for an illegal block on a Minnesota Vikings player in the Detroit Lions' season-opening win last weekend. It is the NFL's biggest monetary fine for on-field conduct, not including the dollars lost by players due to suspensions.

"It's going through the appeals process," Suh said Wednesday.

Suh's agent, Roosevelt Barnes, said he expects the appeal to be heard later this week, when he hopes to provide another perspective to reduce his client's fine. THE ASSOCIATED PRESS

NHL

Sabres sign Hodgson to multi-year deal

The Buffalo Sabres have re-signed centre Cody Hodgson to a multi-year contract a day before the team opens training camp. The Sabres announced the signing Wednesday after players reported for physicals.

THE ASSOCIATED PRESS

MLB. Royals gaining ground in wild-card chase

Alex Gordon homered on the game's first pitch, James Shields dominated after a shaky first inning, and the Kansas City Royals beat the Cleveland Indians 6-2 on Wednesday.

Kansas City took two of three in the series between clubs that are in contention for the second wild-card spot in the AL.

THE ASSOCIATED PRESS

Alex Gordon trots the bases on his first-inning home run on Wednesday in Cleveland. GETTY IMAGES

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Horoscopes

♈ Aries
March 21 - April 20
If you're not in the mood for work then don't push it. Your perspective on life is changing and because of that you may find it hard to focus on one thing at a time. It's no big deal.

♉ Taurus
April 21 - May 21
Anything of a serious nature should be left until tomorrow or even the weekend because you won't be able to give it your best shot today. Come tomorrow, you may decide it's not worth any kind of shot.

♊ Gemini
May 22 - June 21
A domestic problem requires a solution and the only way you are going to find it is by giving the situation your full attention. Don't let sob stories steer you away from the truth.

♋ Cancer
June 22 - July 23
Let everyone know what you think and let everyone know that you are not the sort who can be easily fooled. A positive, confident attitude will work wonders today, even if you are trembling a bit on the inside.

♌ Leo
July 24 - Aug. 23
You are worrying too much about your finances. Yes, of course, you have bills to pay but dwelling on it won't solve your cash flow issues. Get out there and make some money.

♍ Virgo
Aug. 24 - Sept. 23
It may at times seem as if the world is a hostile place but it's not as bad as you think. Make an effort to see the good things, and good people, around you today. You'll feel better on every level.

♎ Libra
Sept. 24 - Oct. 23
Whatever your aims in life, the most important thing you can do right now is make others happy. You have a gift for making people smile. Use it.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what bad things may be going on in the world, you are fortunate enough to be surrounded by people who genuinely care for you. They think you're special, and you are. Treat them special, too.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't let others' negativity rub off on you. You do best when you are cheerful, so steer clear of those who seem to enjoy wallowing in despair.

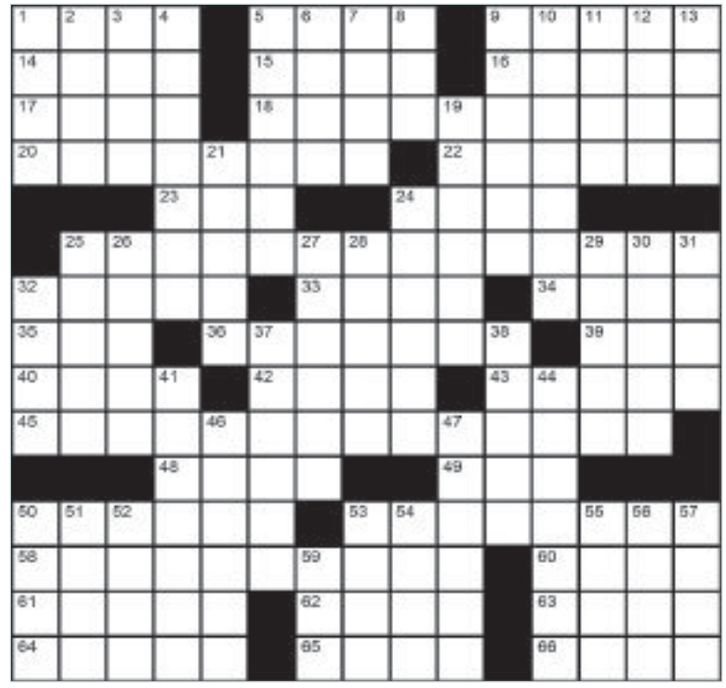
♑ Capricorn
Dec. 22 - Jan. 20
A small act of kindness on your part will make a big difference to someone you interact with today. Don't just go through the motions. Connect with them. It's about being human.

♒ Aquarius
Jan. 21 - Feb. 19
Sometimes you take life too seriously and that seems to be your main problem at the moment. Yes, of course, things could be better but, on the other hand, are they really so bad? It depends how you look at the world.

♓ Pisces
Feb. 20 - March 20
A loved one's words may be jumbled and hard to understand but make the effort anyway because once you "get" the message they are trying to convey, you will see how relevant it is to you. Listen and learn. SALLY BROMPTON

Crossword: Canada Across and Down

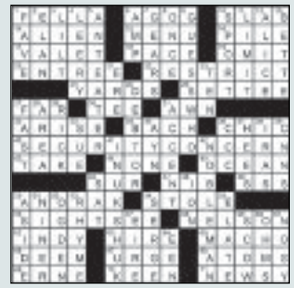
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Orange covering
5. Shoe type
9. Feigned flattery
14. Interest __
15. Famous spy, Mata __
16. __ _ (Not difficult school course, in slang)
17. "Say it __ so!"
18. 1997 Radiohead album: 2 wds.
20. Cuisine of Quebec: Tourtieres are what?: 2 wds.
22. In jeopardy: 2 wds.
23. Suffix with 'Auction'
24. Unfeigned
25. Beginning of Longfellow's poem Evangeline: A Tale of Acadie... "This is the __ __."
32. Cock-a-doodle-doo time
33. Goo Goo Dolls hit
34. Singer Ms. Mouskouri
35. Switch selections
36. Triangular spicily-stuffed pastries
39. Single
40. Many a moon
42. Ho Chi __ City
43. Lazybones
45. Garlic press, and others: 2 wds.
48. Phoned
49. Texter's "Are you serious?!"
50. Happen
53. Band that covered Joni Mitchell's song "This Flight Tonight"
58. Type of agent: 2 wds.
60. Repeat
61. The J. __ Band
62. Cosmetics company
63. Actress Ms. Gray
64. Accounting firm, __ & Young
65. Sprightlinesses
66. "You __ My Battleship!"

Down
1. Refined
2. Informality
3. Famous volcano
4. __ _ (What 'Flavour' in Canada has that 'Flavor' in The States doesn't)
5. Sunday performers
6. Toronto's water, __ Ontario
7. Creatures of folklore
8. Armani fragrance, Acqua Di __
9. Nose part
10. Ms. McTeer (Wife of 16th Prime Minister Joe Clark)
11. Sparkling wine city of Italy
12. Whiskey grains
13. Mr. Wahlberg
19. Ms. Tomei of movies
21. Friends, in slang
24. Country songstress Ms. Yearwood
25. Mushrooms, as examples
26. Commencement
27. "Bad __" by Blue Rodeo
28. Pitchfork part
29. Bank safe
30. Author Ms. Rice's
31. Hideaway
32. Drench
37. Betters
38. Greek alphabet's 'S'
41. Monk's manuscripts
44. Donald Sutherland movie, "Six __ of Separation" (1993)
46. Most hearty
47. Amounts in egg cartons
50. Cheer on
51. Not ever, poetically
52. Gladly
53. Place for pews
54. Perched on
55. Stockings shade
56. Watered down
57. Use the car's horn
59. Pencil's noise-on-desk sound

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1		8					4
			3				5	7
3	5		2					
	6		7	4		1		9
4		9		2	5		8	
					9		7	6
8	4				2			
7					8		3	

Yesterday's Sudoku

2	9	3	8	5	1	4	6	7
6	4	7	9	2	3	5	1	8
5	8	1	4	7	6	9	2	3
4	7	5	6	1	9	8	3	2
9	3	2	7	4	5	1	9	6
1	6	9	2	3	8	7	5	4
3	1	4	5	8	2	6	7	9
9	2	8	1	6	7	3	4	5
7	5	6	3	9	4	2	8	1

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